

BERA Exercise Body Building Club

BNL Gymnasium-Building 461 on Center Street

<http://www.bnl.gov/bera/activities/bodybldg/>

JOINING & MEMBERSHIP DUES:

- \$25/calendar year for Membership, \$15 for Student Membership.
- Please make check payable to: **BERA BBC**
- Be sure to include your name, life number and email.
- **RENEWALS & NEW MEMBERS** ~ Mail to Joanne Rula, Bldg. 400A
- **FAMILY MEMBER** (either new or renewal) Anyone signing up a family member who uses a family badge, must see Joanne Rula, Recreation Office, Bldg. 400 for a special entry badge.

Tours & information are always available. To view additional dates/schedule, please go to the BERA website, or call Ext. 2873.

Hours: Monday-Friday: 7am-9am and 11am-9pm

Closed between 9am-11am for custodial cleaning

Saturday 10:00am-2:00pm

Closed Saturday's Memorial Day thru Labor Day

Membership: BERA members are employees and retired employees of BNL, BSA, Brookhaven DOE, persons with BNL or BSA guest and visiting appointments, employees of permanent on-site employers (such as Cafeteria, Credit Union, Upton Post Office, etc.), and their immediate family. "Immediate Family" is defined as spouse, children 18 & over, and parents. Participants in BERA athletic leagues, clubs and competitive events must be **18 years or older**.

NOTE: Only *Day Passes* are available for \$3 at the BERA Store. The BERA store is open Monday-Friday 9am-3pm. Memberships or renewals will **not** be taken at the BERA Store. Call Ext. 2873 for more information.

FREE Gym Orientation, Safety, and Instruction

All new members are expected to participate in at least one (1) orientation/training session with our Certified Personal Trainer Claire Ondorvic. Claire will be in the gym twice a month on certain Tuesdays and Thursdays to give FREE assistance & guidance to all members.

Check the website for updates: <http://www.bnl.gov/bera/recreation/fitness.asp>

| Claire will be at the gym between 5-7pm on: | |
|---|---------------------|
| Tuesday, August 9 | Thursday, August 18 |
| Tuesday, Sept 13 | Thursday, Sept 22 |
| Tuesday, Oct 4 | Thursday, Oct 13 |
| Tuesday, Nov 8 | Thursday, Nov 17 |
| Tuesday, Dec 6 | Thursday, Dec 15 |

Additionally, The Health Promotion Program provides individual consults with Jennifer Gatz, M.B.A., Exercise Physiologist for eligible employees with health issues. To access this service call Michael Thorn at extension 8612.

Tours & information are always available. Contact Christine Carter at ext 5090.

Gym Etiquette

1. Always make sure there is someone in the vicinity - do not work out alone.
2. Wipe down the equipment when you are done.
3. Don't monopolize weight equipment; let others work in with you.
4. Return plates and dumbbells to their racks when you are done.
5. If you see any conditions or actions which you feel are unsafe, contact one of the BBC officers.
6. The time limit on cardio equipment is 20 minutes. Be considerate of others, and don't go over the time you signed up for.
7. CLEAN sneakers are required. No work boots, no cleats.
8. Do not bring additional equipment, such as bicycles, into the gymnasium or weight room.
9. Follow posted hours for work outs and locker room use. You must vacate all facilities from 9am-11am for cleaning.
10. Please attend one of the FREE twice monthly orientations to familiarize yourself with the equipment, and certainly ask your fellow BNLER's for assistance.